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HEMI-SYNC® AND SNORING

by J. Edwin Carter

Snoring and the common cold probably vie for top billing as ailments which cause the most human misery and which have no cure.

No one knows the number of good amateur snorers, but there are millions of professionals, people who not only wake up everyone else but who wake themselves with their snoring. Despite the sleep clinics, snoring studies, and snorers' support groups, no one has been able to lay a 'gag' on a world class snorer. The guillotine seems the only way.

Finally there is hope. Finally there is a cure—almost. In Hemi-Sync we have a dramatic story—almost. It only needs a dramatic ending.

Encouraged by the power of Hemi-Sync when teamed with a good 'talk tape', I decided to pit it against a world class snorer—me.

Last year I bought a voice-actuated tape recorder, and one night I set it up with the idea of finding out if I talked in my sleep as had been alleged on occasions. I found out that the recorder was much more sensitive to snoring than it was to any small talk that might have occurred. What I had the next morning was 90 minutes of solid snoring in a recorder that had run out of tape. After a lot of playing around with the problem, I finally came up with the right location and the right sensitivity level to obtain reasonably reproducible results. I averaged a number of readings over a two month period and came up with about 80 minutes of lusty snoring in the course of eight hours of sleep. This was converted to a snore index of 10 minutes of snoring per hour of sleep. This is where matters stood in December, 1987, just before this story starts.

In January of 1988 I completed the *GATEWAY VOYAGE®* at The Monroe Institute and Hemi-Sync entered the picture. During the weeks after I returned home, my wife began to note that I had been changed by the experience. One thing she said was that I didn't snore as loud or as much as before. This got me thinking, and I began again measuring my snore index and pondering ways to bring it down. The following tabulation shows what happened.

DESCRIPTION	DATE	SNORE INDEX
BASE LEVEL	DECEMBER 1987	10.0
GATEWAY VOYAGE	JANUARY 1988	
AVERAGE INDEX	MARCH 1988	6.0
BEGAN TALK TAPE	JUNE 1988	
H-PLUS PROGRAM	JUNE 1988	5.0
ADDED HEMI-SYNC	END OF JUNE	
AVERAGE INDEX	JULY 1988	2.6
AVERAGE INDEX	AUGUST 1988	2.2
AVERAGE INDEX	SEPTEMBER 1988	2.0

The *GATEWAY VOYAGE* seems to have had a significant effect on a health problem, but the effect of combining Hemi-Sync with a 'talk tape' was even more dramatic.

These results were exciting, but still left me with a problem. While 16 minutes of snoring followed by 7 hours and 44 minutes of silence would be great, a half minute of lusty snoring every 15 minutes for 8 hours is not at all great. Unfortunately my 16 noisy minutes were spread fairly evenly over the sleep period. Thus we need a powerful tool to provide a dramatic ending. Could H-PLUS® deliver the final knockout blow and usher us into a bright new snore-free world? I haven't tried it yet because I don't know if there is an appropriate H-PLUS function. Does anyone have a suggestion?

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